

# VT MUNCH TIMES

## Coming to a Tray near You!

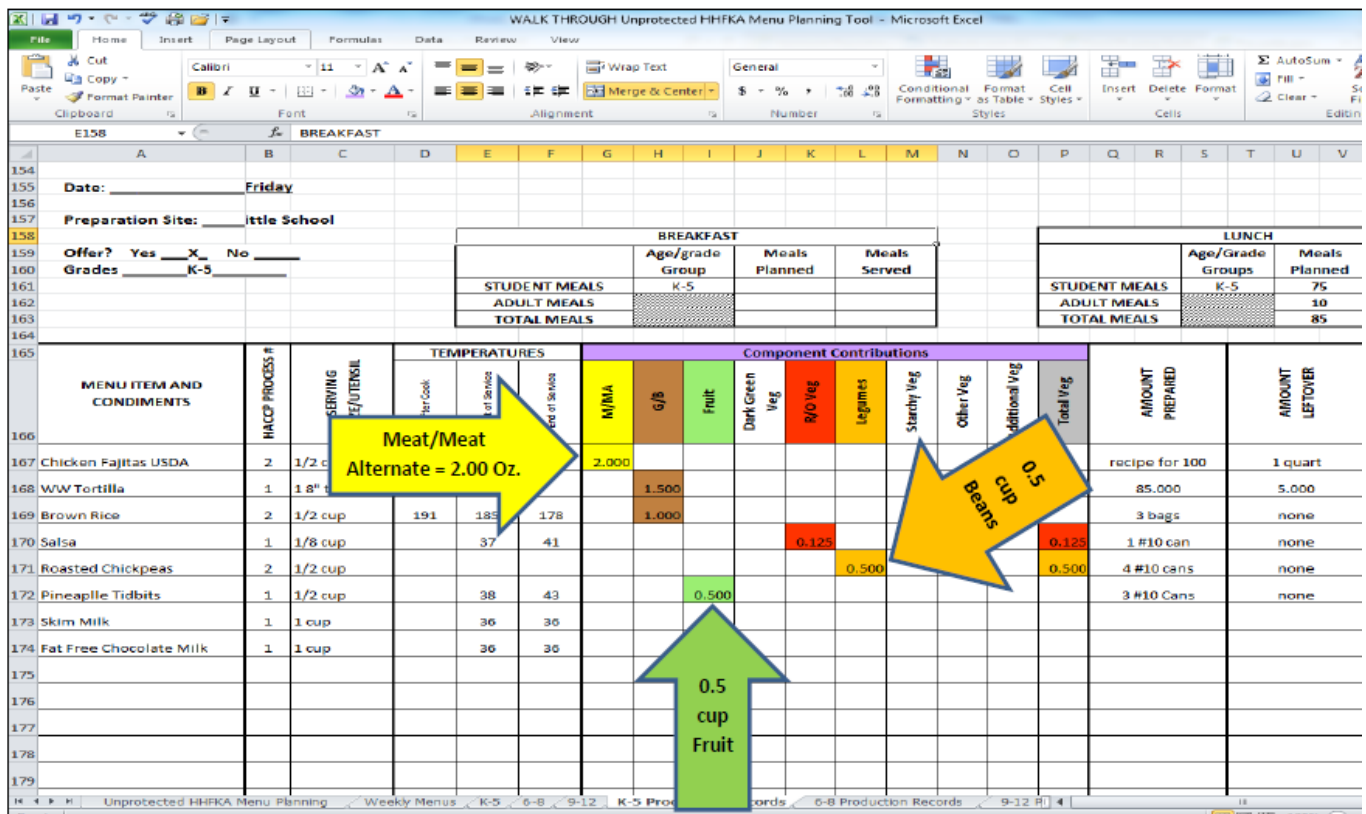
11/04/14

*A monthly newsletter brought to you by the Child Nutrition Team at Vermont Agency of Education, designed to include USDA Policy updates, a fun nutrition fact, and up-to-date resources for the coming weeks. Look for these updates once a month!*

### Munch on this:

#### Policy Update: **Crediting Meal Items on your Production Record:**

Did you know that you are supposed to document how all meal items offered on your menu credit towards the meal pattern requirements? On production records it is required that you document how every single item you serve credits toward the weekly component contributions (meat/meat alternate, grains, vegetable sub-groups, fruit, milk). Below is an example of how you should be crediting all of your menu items on your production records. Attached is a blank electronic version of a week-long production record that will not only help you save time but will also help you to satisfy requirements by giving you the space you need to document each meal component.



BREAKFAST		LUNCH	
STUDENT MEALS	ADULT MEALS	STUDENT MEALS	ADULT MEALS
75	10	75	10
TOTAL MEALS	85	TOTAL MEALS	85

MENU ITEM AND CONDIMENT	HACCP PROCESS #	SERVING SIZE/UNIT	TEMPERATURES		Component Contributions								AMOUNT PREPARED	AMOUNT LEFTOVER				
			Per Cook	Per Service	M/MA	G/B	Fruit	Dark Green Veg	R/O Veg	Legumes	Starchy Veg	Other Veg			Additional Veg	Total Veg		
Chicken Fajitas USDA	2	1/2 cup	191	185	178	2.000											recipe for 100	1 quart
WW Tortilla	1	1 8" x 6"					1.500										85.000	5.000
Brown Rice	2	1/2 cup					1.000										3 bags	none
Salsa	1	1/8 cup								0.125							1 #10 can	none
Roasted Chickpeas	2	1/2 cup									0.500						4 #10 cans	none
Pineapple Tidbits	1	1/2 cup										0.500					3 #10 Cans	none
Skim Milk	1	1 cup																
Fat Free Chocolate Milk	1	1 cup																

## **Reminders: Verification Reporting**

Child Nutrition Verification Report for the month of October is due as soon as possible! Click here to get the [Online Verification Reporting Tool](#) Instructions on how to complete the tool by [Nancy Lewis](#).

## **HACCP Snippet: Anaphylaxis**

Anaphylaxis – A serious allergic reaction that is rapid in onset and may cause death.

Every school should expect to, at some point, encounter students with food allergies. 1 in 5 children with food allergies will have a reaction while in school. In addition, a student with an undiagnosed food allergy may experience his/her first food allergy reaction at school.

Because of the potential life-threatening nature of these allergies, schools are strongly encouraged to have policies and practices in place which promote both of the prevention and management of allergic reactions.

See: [http://education.vermont.gov/documents/food\\_allergies\\_manual\\_0608.pdf](http://education.vermont.gov/documents/food_allergies_manual_0608.pdf)

Source: Nancy Lewis

## **Trainings & Events:**

### **Child Nutrition Programs' Training of the Month:**

#### **Cafeteria Sort Station: Getting Recycling & Composting Off to a Good Start**

This training will include a brief overview of Vermont's new Universal Recycling state law, which requires recycling in 2015 and composting in 2020. Attendees will learn what is recyclable and compostable; what hauling services are available; how schools are rolling out recycling and composting programs; and how to overcome many school recycling/composting challenges. If your school is already recycling and composting, please come and share your experiences during this training.

Instructors: Josh Kelly, VT Agency of Natural Resources

Date & Time: November 20, 2:00 pm - 4:00 pm

Location: Room 304, Agency of Education, 219 North Main Street, Barre, VT (in person)  
Hartford Area Career and Technical Center, Hartford (via video conference)

**Registration:** <https://creator.zoho.com/cheryl4.3.68/child-nutrition-programs-training-of-the-month/#Form:Home>

## **Maximizing Marketing Potential for School Meal Programs**

Thursday, November 6th 2014 at 2:00 pm EST

In this webinar, [Carol Chong](#) of the Alliance for a Healthier Generation and [Adam Brumberg](#) of the Smarter Lunchrooms Movement will discuss how nutrition, integrity and regulations of school meal programs can ensure quality and help control cost. They will present opportunities and methods for creating excitement about school meals through student and community engagement that will boost participation and generate revenue. They will also discuss use of the Smarter Lunchrooms Scorecard for determining success and potential opportunities for improvement in the school meals program.

To attend follow this link: <https://connect.extension.iastate.edu/healthyschools>

(Firefox and Internet Explorer work best)

Enter as a guest and you will be connected to the webinar. You can listen to the presentation through

your computer speakers. If you have never used Adobe Connect before, it is recommended that you test your ability to log in prior to the webinar by following this link: [www.extension.iastate.edu/testconnect](http://www.extension.iastate.edu/testconnect)

### **Webinar: "Versatility and Value: Making Sense (and Cents) of Your USDA Foods"**

Registration is now open for the "Versatility and Value: Making Sense (and Cents) of Your USDA Foods" webinar on Thursday, November 6, 2-3 p.m. EST. We will be discussing the versatility of utilizing your USDA Foods when planning your meals programs by incorporating the perspectives of administrative, nutrition, and culinary experts from Walpole Public Schools in Massachusetts:

Vinicio Cordon, Master Chef

Michael Friscia, Business Manager

Maria Hall, MS, RD, SNS

School Nutrition Director

**Register here:** <https://usdafnsocco.wufoo.com/forms/versatility-and-value-usda-foods-webinar/>

### **SNA-VT Regional Culinary Professional Development Workshops**

These workshops offer an exemplary opportunity for child nutrition professionals to receive training from a professional culinary instructor while receiving SNA certification credits. We've located them around the state so you can participate in the workshop that is most convenient for you.

### **Back to Basics: Cooking Techniques You Use Every Day**

This culinary skills training is sure to help you be more successful with daily food preparation. You'll learn and practice professional knife skills and cooking techniques, including braising, broiling, and steaming. You'll prepare seasonal vegetables using different techniques in order to compare flavor and texture.

SNA Certification: 3 hours in Key Area 1 (Operations)

NOVEMBER 5, 2014: Rutland High School, Rutland

NOVEMBER 19, 2014: Burlington High School, Burlington

### **Time is of the Essence: Developing an Efficient Kitchen**

Kitchen efficiency is more important today than ever. Come learn the skills you need to know and practice daily to make sure your kitchen runs as smooth as silk. Culinary experts will share standard operating procedures for setting up prep stations and moving through each task safely and purposefully.

SNA Certification: 3 hours in Key Area 1 (Operations)

NOVEMBER 12, 2014: River Valley Technical Center, Springfield

DECEMBER 3, 2014: Green Mountain Career & Technical Center, Hyde Park

Click [HERE](#) for registration!

### **Recipes: Recipe of the Month: [Kale Chips](#)**

## **Kale Chips**

Yield: 100 ½ cup servings

### **Ingredients:**

17 bunches fresh kale

½ cup olive oil

Salt, to taste

### **Directions:**

1. Preheat oven to 350 °F.
2. Wash kale and thoroughly dry it.
3. Remove kale leaves from stems and tear leaves into bite-sized pieces
4. Place kale in a bowl. Add olive oil, and toss to fully coat leaves.
5. Spread coated leaves out on a cookie sheet, and sprinkle with salt.
6. Bake until edges are brown, but not burnt, about 10-15 minutes.

Source: GMFTS

### **Resources:**

#### **Whole Grain Resource for the National School Lunch and Breakfast Programs**

A Guide to Meeting the Whole Grain-Rich Criteria.

<http://www.fns.usda.gov/sites/default/files/WholeGrainResource.pdf>

#### **Harvest of the Month by [Green Mountain Farm-to-School](#), [Food Connects](#) and [Upper Valley Farm to School](#):**

November's Harvest of the Month is Kale. Kale is a member of the Brassicaceae family, also known as the cabbage family, along with broccoli, Brussels sprouts, cabbage, cauliflower and kohlrabi. It originated in the Mediterranean region and was brought to the United States from England in the 17th century. Kale is a very hardy plant; it can withstand frosts and snowfall, making it an excellent staple food in the winter months. Kale plants range in color from white-green and yellow-green to blue-green and violet. Some varieties have been developed specifically for ornamental purposes.

Posters, recipes, kid-friendly eating tips, lesson plans and more can be found for FREE download at [www.VermontHarvestoftheMonth.org](http://www.VermontHarvestoftheMonth.org).

**Find loads of resources and training opportunities on everything from regulations to recipes to nutrition education at:**

[National Food Service Management Institute](#)

[School Nutrition Association](#)

[GCF Global Learning](#)

[School Meals Vermont](#)

## **USDA Foods Fact Sheets**

This is where you can find nutrition information, as well as product descriptions, storage info, and preparation/cooking instructions for all USDA Foods. <http://www.fns.usda.gov/fdd/nslp-usda-foods-fact-sheets>

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Disclaimer: *VT Munch Times* provides general information to assist Vermont sponsors of the U.S. Department of Agriculture (USDA) Child Nutrition Programs. It does not represent all federal and state requirements and regulations regarding the operation of USDA school nutrition programs. The inclusion of links to external Web sites does not constitute an endorsement by the Vermont State Agency of Education to the information, products, services or opinions contained therein

*VT Munch Times* is [archived](#) on the Agency of Education website. For information which is three months or older, or for other questions, please contact Marianna Charalabopoulos, Child Nutrition Consultant, at (802) 479-1254 or [marianna.charalabopoulos@state.vt.us](mailto:marianna.charalabopoulos@state.vt.us)

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